# NEWSLETTER

LAS NEWSLETTER
ISSUE 9, TERM 3

**September 2025**

LUCINDALE AREA SCHOOL

## Important Dates 2025

**Monday 13 October**
Term 4 starts
Aquatics camp Yr 6-9
Year 3/4/5 camp
**Tuesday 14 October**
Aquatics camp Yr 6-9
Year 3/4/5 camp
**Wednesday 15 October**
Aquatics camp Yr 6-9
Year 3/4/5 camp
Walk & Talk pastoral care lesson
**Friday 17 October**
Year 12 formal
**Wednesday 22 October**
Mt Gambier Show Steers
**Thursday 23 October**
Mt Gambier Show Steers
Last day for Year 12 classes
**Friday 24 October**
**School Closure Day**
**Monday 3 November**
Math Methods and General Maths exam
**Tuesday 4 November**
Essential Maths exam
Psychology exam
**Wednesday 5 November**
Pink Day - Breast Cancer Awareness
**Thursday 6 November**
Physics exam
**Friday 7 November**
Modern History exam
**Wednesday 12 November**
Art & Tech show
**Friday 14 November**
Colour Run $5/student
**Monday 17- -21 November**
Scholastic Book Fair
**Thursday 20 November**
Presentation Night 5pm
**Monday 24 - 27 November**
Head Start Program

## KEY VALUES

RESPECT YOURSELF

RESPECT OTHERS

RESPECT LEARNING & ENVIRONMENT

# PRINCIPAL'S REPORT

As Term 3 comes to an end, I'd like to thank our students, staff, and families for another busy and rewarding term of learning and activities. I wish you all a wonderful spring holiday break, enjoying the sunshine and taking a well-deserved rest. Whether you're heading off on adventures or enjoying quiet days at home, I hope the next couple of weeks bring plenty of fun and relaxation. We look forward to welcoming everyone back on **Monday, 13 October,** ready to launch into the final term of the school year. Just want to mention that **Friday, 24 October** is a School Closure Day.

**Year 12 Students**

Our Year 12 students now have the finish line in sight as they move towards completing courses, finalising in-school assessments and investigations, or preparing for examinations in November. Regardless of the pathway chosen, this term is the culmination of many years of hard work and dedication. Teachers may also request students not sitting exams to attend school in order to support them with their final assignments.

We encourage all students to reflect on their year so far celebrating what has been successful, considering why, and using that knowledge to strengthen their study habits. It's never too late to work a little harder and build on what has already been achieved.

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**Learning at Home – Learning Potential Website**

I am a firm believer that parents and caregivers are a child's first and most important teachers. Students spend more time at home than at school, and the partnership between home and school is vital to success.

The Australian Government's **Learning Potential** website offers a wide range of tips, strategies, and ideas to support your child's learning—from the high chair to high school. Researchers agree that students achieve more when parents and caregivers are actively involved in their learning. I encourage families to visit: www.learningpotential.gov.au. Perhaps you'll find an idea or project to explore with your child over the break!

**2026 Class Placements**

Preparation for our 2026 class lists will begin in the coming weeks. As always, class groupings are a school-based decision made with the educational needs of each student in mind. Requests for specific teachers are not standard practice in state schools unless there is a genuine conflict of interest.

When placing students, we consider:

- Teacher professional knowledge
- Individual learning needs
- Health and emotional support needs
- Behavioural considerations

**Wellbeing Focus – Be Responsible**

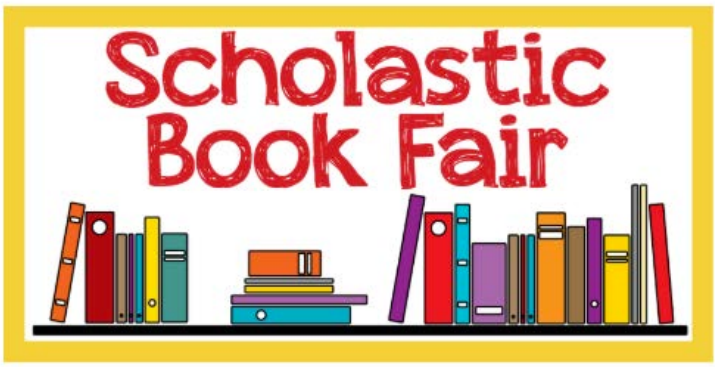
"Be Responsible – we use strategies to manage our emotions and stay calm."
Coming back after the holidays can feel exciting, busy, and sometimes a little overwhelming. We encourage students to take responsibility for their wellbeing by practicing strategies such as:

- Taking deep breaths
- Counting to ten
- Asking for help
- Finding a quiet space when needed

By learning to manage emotions positively, we create a calmer, kinder school environment where everyone can do their best. Families can support this at home by discussing with your child the strategies they find most helpful when they're upset, frustrated, or worried.

**Louis de Jager, Principal**

# LIBRARY



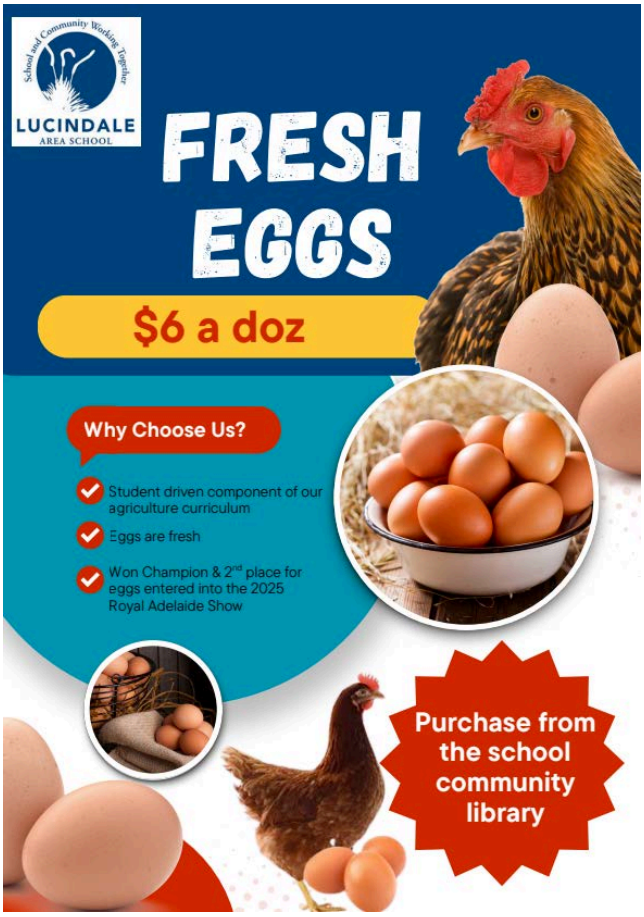

**SCHOLASTIC BOOK FAIR – ADVANCED NOTICE.**

Scholastic Book Fair is coming to Lucindale School Community Library.
This is a great opportunity to add to your child's at home library, or purchase Christmas presents.
The Scholastic book Fair will be held from **Monday 17th November to Saturday 22nd November 2025.**
More details to come next term.

**October 2025 School Holiday Hours**

The Lucindale School Community Library
will be CLOSED from
Saturday 4th October to Sunday 12th October 2025

Re-opening at 9am on
Monday 13th October 2025



# ROYAL ADELAIDE SHOW - GOATS

We are incredibly proud of our amazing students who represented our school with dedication, care and teamwork while exhibiting our goats at the Adelaide Show this year. Their commitment to preparing, handling and presenting the animals was outstanding, with lots of great feedback from breeders and other schools.

A massive thank you to our generous goat sponsors for their support this year:

- Field Boer Goats - R & S Vrey
- Ironstone Kalahari Reds - G.Kuhl

The ongoing support and generosity from these breeders make it possible for our students to gain such valuable hands-on experience in agriculture, whilst developing core livestock knowledge and handling skills. We would also like to extend our sincere thanks to Brian Warneke from Bayern-Hof Kalahari Reds, who worked closely with Ironstone Kalahari Reds to help source a fantastic selection of Kalahari Red goats for us this year. Your expertise and support are much appreciated.

The goat competition this year saw over 260 goats, with more than 500 students from 28 different schools partake.

We were successful in winning 6$^{th}$ place in the 31.4-34kg weight class along with another 6$^{th}$ place in the 63 -76.5kg weight class.

Congratulations to all students and many thanks to everyone involved for making this another successful and memorable year in our students Agricultural Program.

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# ROYAL ADELAIDE SHOW - WETHERS

## Outstanding Achievement - Year 9 Agricultural Students at Royal Adelaide Show

First and foremost, we would like to recognise and thank the professionals who dedicated their time to help our students succeed and extend our sincere appreciation to David and Brody Lock from Lockhaven for providing us with such beautiful merinos. Your guidance, support, and generosity played a vital role in our success.

We are incredibly proud to announce that our Year 9 Agriculture students have achieved outstanding results in this year's School Wether Competition!

The competition was tough, with 77 entries, 41 schools and 231 sheep, but our students' hard work, dedication, and passion shone through. Spending their lunchtimes throughout Term 3 preparing both themselves and their wethers truly paid off.

### Results:

- Best Pen of Three Wethers
- Best meat Value
- John Rothwell and Mutooroo Pastoral Overall Winner of the Competition

We also want recognise the professionalism and teamwork shown by our students - you represented Lucindale Area School with excellence!

### Special congratulations:

Ruby- 5th place in Junior Wool Judging
James - 6th place in Junior Wool Judging
Ruby and James placed 5th and 6th out of 152 competitors- an amazing achievement.

We could not be prouder of our students efforts and the results they achieved.

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# ROYAL ADELAIDE SHOW - LED STEERS

What an incredible experience our students had representing Lucindale Area School in the Led Steer Competition at the Royal Adelaide Show!

It was a huge honour to be awarded 3rd place in the Princess Royal Station Prize Premier School Award. This prize is an overall award and is judged on hoof and hook combined scores, grand parade, paperwork, steer display and overall team performance and attitude.

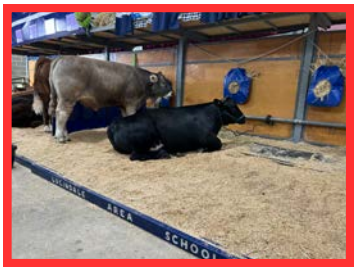
We were also thrilled to receive The Limitless Show Supplies Prize - Best Prepared/Fitted School Steer overall. Congratulations to Maddi for exceptional clipping and to Paige and Tyler for their outstanding work fitting our gentle Limousin, Viking

**Our steers:**

- Granite Ridge Vegemite (Angus) - A cracking little steer with loads of personality, converting feed at over 3kg per day! Placed 5th on hook in his class and 2nd Best Angus School Steer on Hoof Overall. Thank you Scott Finlay for your generous donation.
- Warawindi Viking (Limousin) - Our gentle giant! Placed 3rd on hoof and 2nd on hook, presenting beautifully at the Show. Thank you Mason Galpin.
- Koijak Braunvieh Vernon - A quiet lad with a cheeky spark! Placed 6th on hoof and 2nd on hook, winning us The Koijak Braunvieh Prize - Highest Scoring Braunvieh Animal on Hoof and Hook. A special honour as Robyn and Andy celebrate 50 years of breeding Braunviehs. Thank you Andy and Robyn Rainsford.
- Yerwal estate Vincent (SimxAngus Steer) - Donated by Regan and Connie Burow, this big softy was a crowd favourite and totally bomb-proof! He came 6th in his class on hook!

A massive thank you to everyone who has donated animals, feed, advice and time. Your support makes this program possible.

Most importantly, we are so proud of our students - their dedication, teamwork and passion for agriculture shone through every part of this competition. You've done our school and community proud!



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# ROYAL ADELAIDE SHOW - LED STEERS HANDLERS

## LED Steer Handlers shine at the Royal Adelaide Show School competition.

We're proud to share that our LED steer handlers have been achieving outstanding results in their classes!

A huge congratulations to Emma on winning Reserve Champion Novice Handler and Tyler for achieving second in Expert Handlers. A credit to the hard work and huge effort from our students. Their dedication, hard work and commitment to excellence are a credit to themselves, their families and our school community.

These achievements are a reflection of the time and effort these students have invested in preparing their animals, understanding showmanship and representing our school with pride and professionalism.

Congratulations to all our handlers - your success is well deserved!

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# ROYAL ADELAIDE SHOW - POULTRY

Students also had success in the poultry completions at the Royal Adelaide Show. Throughout Terms 1, 2 and 3 Year 5 and 6 students have been preparing chickens for the School Egg Laying Competition. Students received 1st prize in the class “Twelve eggs, standard, brown”. Judges considered shell colour, yolk quality, smoothness of the shell, even colour and size. Over 100 schools entered and students were thrilled to receive first place

Year 5 and 6 students also entered the School Egg Laying Competition Primary Poster. First prize was awarded to Austin and George for their poster “The key to a healthy chicken”. Second place went to Charles and Daniel. Their poster was titled “The perfect chicken”. Both posters can be seen on the following pages. Congratulations to both teams.

# 9 A-SIDE FOOTBALL

Year 7-10 students had the opportunity to be involved in a 9 A-Side football competition held in Penola. Other schools involved were Kangaroo Inn, Kingston SE, Grant, Tennison Woods, St Martins, Bordertown and Naracoorte to name a few. We had 3 teams involved year 7-10 girls and 6-8 boys and 9-10 boys.

All students showed respect for other sides and themselves and demonstrated good sportsmanship. It was wonderful to see students that had not played this game before participating in a team activity. It was great experience for our students to be involved in this sporting activity. All students enjoyed the chance to connect with students of other schools and develop their skills.

**Andi Zerk**

# THE KEY TO A HEALTHY CHICKEN

By Austin and George
Year 6

LUCINDALE AREA SCHOOL

Our eggs on the 8/8/25 scored an average of 13 on the Roche Yolk Colour Fan

Th re they live, they also ha a s tion of grass that we let them graze.

## Chicken Health & Welfare

The key principles of chicken health are prevention of disease, early recognition of disease and early treatment of diseases. It is easier and less damaging to prevent diseases than it is to treat. A disease is any condition that effects the normal functioning of cells (2). There are infectious and non-infectious diseases (2). For example, coccidiosis, marek's disease and avian influenza are some common diseases that chickens can get. If you have a healthy chicken one way you will know is by the golden colour of their egg yolk (3). To indicate if your chickens are heathy you need to also look at their behavior and if you have a good connection with your flock that will be easier. If they are limping it could be that they have something in or stuck to their foot like a grass seed. The most common health problem is lice. They can get this very easy when you get new chickens and they carry it onto the ones you already have (3). To ensure the welfare of chickens you need to have a safe environment which is fox proof, have an enclosed area such as shed to keep them warm when cool along with a yard where they can scratch (3). Chickens will feel happier when they have others of their species with them (3).

## Food and Nutrition

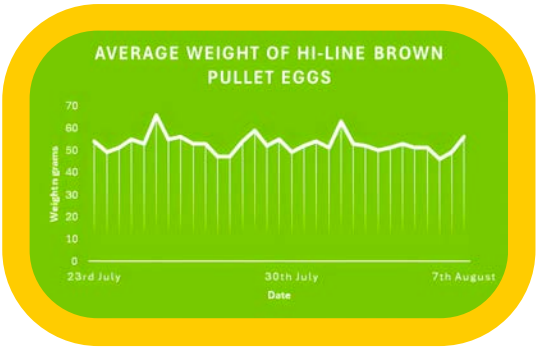
The diet for a chicken aged 6-20 weeks is different from a baby chick. Essential pullet grower pellets contains a protein content that is between 16%-20% but has less calcium than a regular feed(4). The water intake should be 1.5-2 times the feed intake. Drinking water must be low in salt. Salt is already provided in chicken feed and drinking water with high salt levels may cause:

1. High water intake.
2. Runnier droppings
3. Reduced performance (5).

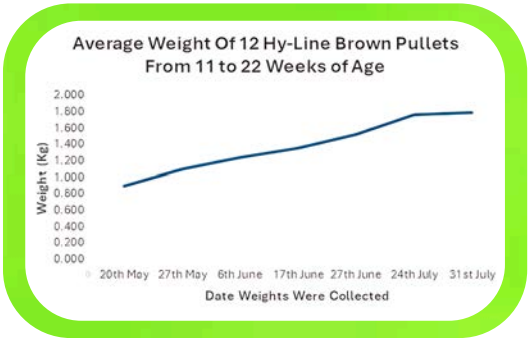
In an eggshell, grower feed supports the growth of the teenage chicken without bombarding them with unnecessary vitamins (4). A bird's diet must include a combination of carbohydrates, fats, protein, vitamins, minerals and water for optimal growth and production (5). The nutrient requirements of poultry are affected by many factors, including:

1.The species of the bird.
2.The age of the chicken depends on the diet.
3.The sex and reproductive state of the chicken.
4.The housing system, as it influences the activity of the chicken.
5.The health status of the bird, chickens may experience a disease challenge from a lack of intake of vitamins.

Day old chickens start off with chick starter and then they go onto pullet grower pellets, finally they end up on layer pellets These balanced feeds provide all the nutrients they need (1).




The chickens have only just started laying and the chickens seem to be producing eggs in the 50-60 gram range.




Over time the chickens are clearly getting heavier from the first time we started weighing and have gone from 896g -1.793kgs.

## Egg Industry

The egg industry is made up of a diverse range businesses, from large integrated farms that control rearing, production, grading, packing and transportation, to very small-scale farms that sell to local markets. Australians consume 18.9 million eggs a day and farmers work around the clock to supply a range of eggs and egg products to suit everyone. Around 6.98 billion eggs a year are produced (6).

## References

(1)https://kb.rspca.org.au/knowledge-base/how-do-i-feed-my-chickens-a-healthy-diet/
(2)https://kb.rspca.org.au/knowledge-base/what-diseases-can-my-chickens-get/
(3) https://talkinghens.com.au/blogs/learning-centre/backyard-chicken-health-common-challenges-and-prevention-tips#:~:text=Internal%20parasites%20take%20the%20form,the%20eggs%20from%20treated%20hens.
(4)https://www.backyardchickencoops.com.au/blogs/learning-centre/all-the-different-types-of-chicken-feed-explained

(5)https://www.business.qld.gov.au/industries/farms-fishing-forestry/agriculture/animal/industries/poultry/feed/nutrition

(4)https://www.australianeggs.org.au/egg-industry

**Laukes Pullet Grower Pellets was fed to our chickens**

BY CHARLES AND DANIEL YR 6

# THE PERFECT CHICKEN

LUCINDALE AREA SCHOOL

## Industry

Hungry Australians eat 18.9 million eggs a day which is a whopping 6.9 billion eggs a year. Around Australia farmers produce 581 million dozens of eggs a year. In Australia the main egg laying states include New South Wales (36%), Queensland (28%) and Victoria (22%). Australia's chicken flock size is estimated at 21 million layers, in the last 10 years the egg laying industry has increased by almost one and a half billion eggs.(4) Every year on average an Australian eats 50kg of chicken meat which makes the whole of Australia eat 1 250 000 000kg a year. In Australia the estimated gross value of the chicken industry is $3.9 billion making it the one of the biggest meat industries in Australia. In Australia the two main companies are Bayada Poultry and Inghams Enterprises which produce over 70% of chicken. Along with meat chickens, the egg industry is a prime contributor to Agriculture.(1)

## Nutrition & Welfare

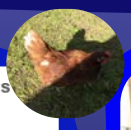
Chickens need lots of nutrition for optimised growth and health. A well-fed chicken should have a combination of carbohydrates, fats, proteins, vitamins, minerals and water in its diet. For a nice golden coloured yolk chickens need a reasonable portion of greens such as green grass, green vegetable, leaves and even yellow corn. Yellow legs and skin of some chickens can be a result of marigold flowers in their feed. Chooks need to have access to cool water that has low or no amounts of salt in it. A chicken needs 1.5-2 times the amount of water than feed. If a chooks water is high in salt, side effects may occur including higher water intake wetter droppings and lowered performance.(2). Welfare of chickens is very important. Ours had a shed to keep them warm and keep them safe from predators. It also had a shoot that opened in the day and was shut of a night to let them scratch outside. They were handled gently and frequently and given fresh green produce constantly to keep them happy and healthy. They had a perch to roost on of a night time as chickens like to roost up high where it is safe.

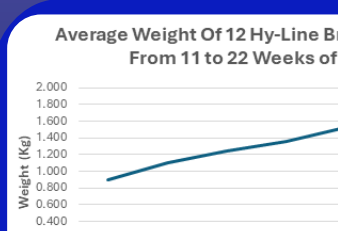
## What To Look For In A Healthy Chicken

The key to a healthy chicken is a combination of feed, surroundings and interactions, but what shows it is healthy? To show a chicken is ill, the comb may become limp, pale or off-colour blue or purple. A healthy chicken should look alert, have clear eyes and shiny feathers and feet with a firm body. The comb of the chicken should be nice and glossy. Chicken health can be maintained through proper nutrition and a sustainable environment with disease prevention.(2)

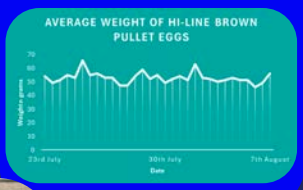
## The Chickens

**Feeder** **Waterer**






**PRODUCTION DATA : The data shows the chickens steadily growing to over twice their original size, laying eggs steadily in the 50 to 60 gram range.**




## Why a Golden Yolk

A golden yolk is sought after so much in the poultry industry as it not only shows health in the chicken, makes the yolk look better but also taste that bit more delicious. A golden yolk is caused by carotenoids; they are found in certain vegetables and fruits (3). The orange colour you might think comes from orange vegetables, but you'd be wrong most green plants have carotenoids in them.(3)

**BIBLIOGRAPHY**

1.The Chicken Industry | PETA

2. Chicken Diseases - How to Spot Changes in Chicken Health

3. Rootstock | What Does an Egg's Yolk Color Mean? | Organic

4.Valleyhttps://www.australianeggs.org.au/egg-industry

## Our Golden Yolk

**Scoring 13 on the Roche Yolk Colour Fan on the 8/8/25**

# YEAR 7 & 8 ART

Year 7 and 8 Art students have learnt many new skills this term. Their task was to design a storage bag or case using a recycled grain feed bag. This task created awareness around sustainability and recycling. A grain feed bag takes 1000 years to decompose so repurposing it into a usable item reduces landfill. Students had to design their product and create a pattern before cutting out. Students added to their skill set by learning to use a sewing machine to create the bag.

# SQUAD SWIMMING

**Squad swimming will begin in the first week of Term 4. Participants must be confident and competent swimmers. Squad training will take place in the morning before school. Times to be advised.**

**If interested please call Emily Savage on 0422 087 234**

# PRIMARY ASSEMBLY

The R/1 class hosted this term's primary assembly with a focus on sharing why it's important to be kind.

Mr de Jager presented joint medal winners from 2024 and 2025 Sports Day.

Well done to the recipients of the Awards today

Jeremy, Maddie, Indi, Harry and George

Indi and Sophie

Hughie and Albie

Maddie and Lacie

The Arts Awards: Ivy, Marle, Fletcher, Ruby and Dusty.

Health and Physical Education Award: Amelia, Fred, Elsie and Rosie

Resiliance and Persistance Awards:
Back - Pip, Billy, Maya, Sophie, Sonny
Front - Ravena, Otis and Yma

# YEAR 5/6 EXCURSION

## *Bio Gro*

During Term 3, the Year 5/6 class went on an excursion to Bio Gro to help us with our Green-bin system at school. We learnt how they receive, make and distribute organic compost. It was amazing to see how everything is done. We realized that we can make a difference to our environment if we work together and recycle.

It was a bit muddy and wet...

A huge thank you to Alan, who is always willing to volunteer driving the bus for our school excursions. We really appreciate you and are privileged to have you part of our community.

# What did I learn at Bio Gro?

There are two Mount Gambier Bio Gro sites and there are two sites in Victoria. The mixes from Bunnings are from Bio Gro. Bio Gro uses pine bark from all the pine trees. Bio Gro is built on 100 acres of land. They have wood shavings, bark piles and composting greens.

The bark can get up to 75 Degrees Celsius. The main bugs that break down the bark are little microbes. They get up to 300kg of green waste per week. Bio Gro gets their green waste from Mount Gambier and Wattle Ridge, they also work with Keith and Bordertown.

There are 30 operators, and 10-30 trucks that bring and take compost and green waste. Some things that can go in the green bins are pizza boxes and greens and scraps. Bio Gro has 2 sorting machines in Mount Gambier and 1 in Bendigo.

At the start of the aging process a lot of water bottles, bike tires and bin bags get thrown in the green bins. They first have to clean it. After this is done the aging process starts. It takes 1 month to age the soil.
In the compost/ separating area there was heaps of rubbish that gets sent to landfill. Also all the rubbish kept blowing towards other piles of compost.
In the end I might join Bio Gro, but it depends on what job I'll be working in at Bio Gro.

By Skyla, Year 6

# WOODWORK

This Term the students have been fortunate to have two mentors work with them on Thursdays. Year 9,11 and 12 students have gained skills and knowledge for both Wayne and Robert. They both have a wealth of knowledge in the timber industry and build many personal projects.

Year 9 students have worked on a sustainability task using old timber pallets to make a breakfast tray or storage container. Students have had to learn a variety of skills to assemble them using timber joints, such as biscuits, butt and mitre and also using a wide range of machine tools including thicknesser, reciprocator saw, drills, drop saw, bandsaw and others. The results speak for themselves. They look fantastic.

Year 12 Student Jack has worked on Stage 2 Material Solutions designing and constructing outdoor tables with the guidance of the men.

Year 11 stage 1 have been working on designing and constructing a storage unit for potatoes and onions. Students are using different joint methods to put these together along with measuring skills to determine the size.

It has been a very busy term and a valuable learning opportunity for our students. We thank Wayne and Robert for their dedication and support.

**Andi Zerk**

# PASTORAL CARE

If you are like me, you have a rather large collection of recipes that have been torn out of magazines and remain in a pile. Occasionally I may peruse my collection but to be honest, I seldom try the recipes. Recently I came across this recipe in a small, old recipe book. I rather like it and think it is one that I can use regularly. Maybe you would like to add it to your collection too. Happy cooking!

One cup of confidence,
One cup of love,
In a pan of happiness
Mix the above.

Add one pinch of tenderness,
One tablespoon of trust,
Stir well in the sunshine,
Roll out a loving crust.

Flour with contentment,
Keep all free from strife,
Fill with understanding,
And bake well all your life.

**Leanne Becroft (Mrs B)**
**Pastoral Care Worker**

# SHEERLUCK HOMES

## A PERFORMANCE BY KINGSTON SE COMMUNITY THEATRE GROUP

The Kingston SE Community Theatre Group recently performed a pantomime featuring Baker Street's greatest detective Sheer Luck Holmes. Also starring was Sheerluck's arch-nemesis, art thief Mary Arty (and her band of cut-rate criminals), London's finest Peelers, a good dog and the ever-faithful Watson - his true love.

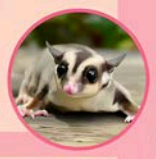
Starring in the play was our own Lucindale Area School student Taylor. Taylor applied her versatility to two roles: a milkmaid and a burglar. A talented singer, Taylor performed a solo and was part of a duo with another character. After three months of rehearsals Taylor shone in both her roles and we hope to see her perform again in next years  show. Well done Taylor!

# SPRING HOLIDAYS

Dates to put on the Calendar WEEK 1

## BUSH BUDDIES

Tuesday 30th September
10am & 12pm
Bookings essential $5 per child



## BUSKERS & GAMES

FREE

Wednesday 1st October
From 10am onwards
Listen to live music whilst playing big games outside the Library. Bring a picnic and enjoy!

## DECORATE YOUR OWN GLASS JAR

FREE

Thursday 2nd October
10-11am
Recommended for ages 10 years +
Limited spaces, bookings essential.

## 4-CHORD GUITAR JAM WITH BRI

FREE

Thursday 2nd October
KIDS 1-1:45pm
ADULTS 2-2:45pm
Limited spaces, bookings essential.

Naracoorte Library + Town Hall

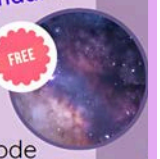
For Bookings and more information on events please contact us on 87601170

# SPRING HOLIDAYS

Dates to put on the Calendar WEEK 2

## AMAZING ASTRONOMY

Thursday 9th October
10am & 10.30am



FREE

Bookings essential- book via QR code

## CRAZY CHEMICAL WORKSHOP

FREE

Thursday 9th October
1.30pm
Bookings essential- book via QR code

## NATURE CREATURES CRAFT

Friday 10th October
10-11am
Limited spaces, bookings essential.

FREE

## CRAFT TABLE & SPACE SCAVENGER HUNT

FREE

Every day of the holidays.
Something to create and make on the table.
Grab a "Space Bingo "scavenger hunt" page to do!

Naracoorte Library + Town Hall

For Bookings and more information on events, please contact us on 87601170

CFS

# FAMILY FUN DAY

**be a firefighter**
at the Robe CFS Station

FREE ENTRY

**Saturday 11th October** **10am til 2pm**

fun & games for the whole family

Squirt the little fire truck
Smokey's Sideshow Alley
Mini racing trucks
and more!

Sausage sizzle, donuts and coffee available to be purchased

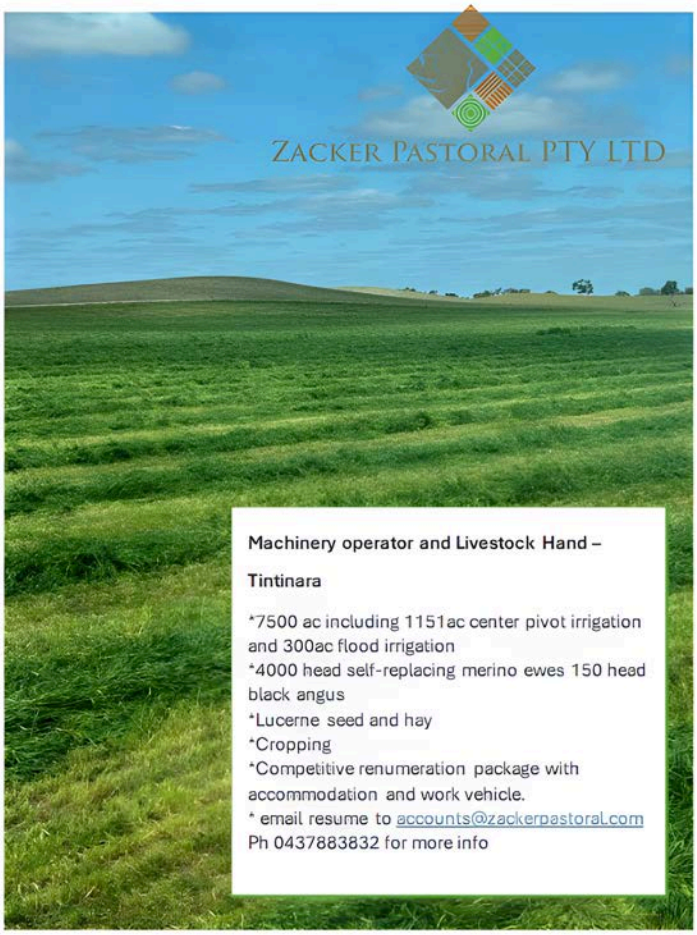
Proudly supported by Community Bank Robe & Districts
Bendigo Bank

PUDDINGS SA – ORDER FORM - LUCINDALE SHOW FUNDRAISER

| | | | | | |
|---|---|---|---|---|---|
| Full Name | | | | | |
| Contact Phone Numbers | (H) | | (M) | | |
| Email | | | | | |
| Payment Details | | | | | |
| BSB | 633000 | | | | |
| ACCOUNT | 186759502 | | | | |
| Reference | Your name and "Puddings" | | | | |
| ORDERS CLOSE 10TH NOVEMBER 2025 | DELIVERY 12TH DECEMBER 2025 Enquiries please contact Lynette Loechel 0437 562 193 lynetteloechel@gmail.com | | | | |

| Type | Shape | Servings | Unit Price | Qty | Sub Total |
|---|---|---|---|---|---|
| Christmas Cake | 600g | | $35.00 | | |
| Christmas Cake | 1.4 kg | | $65.00 | | |
| Classic Christmas Pudding | 500g Round | 4 - 5 | $35.00 | | |
| | 1kg Round | 6 - 8 | $55.00 | | |
| | 2kg Round | 12 - 16 | $95.00 | | |
| | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 8 - 10 | $55.00 | | |
| Macadamia & Brandy Pudding | | | | | |
| | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 8 - 10 | $55.00 | | |
| Gluten Free Pudding | | | | | |
| | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 8 - 10 | $55.00 | | |
| Vegan Pudding | 500g Log | 5 - 6 | $35.00 | | |
| Rum & Plum Pudding | 500g Log | 5 - 6 | $35.00 | | |
| Mango & Brandy Pudding | 500g Log | 5 - 6 | $35.00 | | |
| Date & Toffee Pudding | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 8 - 10 | $55.00 | | |
| Triple Chocolate Pudding | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 10 - 12 | $55.00 | | |
| Chocolate & Orange Pudding | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 10 - 12 | $55.00 | | |
| Chocolate Rum & Raisin Pudding | 500g Log | 5 - 6 | $35.00 | | |
| | 1kg Log | 10 - 12 | $55.00 | | |
| | | | TOTAL | | $ |

Want your children the chance of trying variety of sports and meeting new people then come and give Little Athletics ago.
Most Friday's at 4.00pm (SA time) during SA term 4 and term 1 at the Naracoorte High School. Ages 3 – 17. Starting Sunday 19th October.
Follow us on FB for up to date information. Or contact President Nikki Smart 0427 605 632.



## Tovertafel – Games to connect with a difference!

**1 to 7 October | 9:00am to 5:00pm**

Discover the magic of the Tovertafel; interactive games projected onto our library space, sparking joy, connection and play. All ages welcome!
Free – bookings not required.

## Laughter in the Library

**Tuesdays | 11:15am to 12:00pm**

Laughter Yoga is a unique exercise routine that combines unconditional laughter with yogic breathing (pranayama). Internationally recognised as a tool for emotional, mental, and physical health. Bookings not required.

## Youth Arts & Crafts – Sand Mandalas

**Thursday 2 October | 3:30pm**

Create, layer, and mesmerise. Join a sand mandala session where every grain tells a story – experience the art of patience, beauty, and peaceful focus in vibrant colour.
Free – bookings not required.

## The Healing Power of Imagination

**4 week program | Thursdays 1:00pm to 2:30pm**

9 October: Safe Place Imagery; a meditation style of intention
16 October: Mindfulness of Thoughts; creating Self Compassion and Insights
23 October: Mindfulness of Emotions; Understanding the meaning and language of emotions and feelings
30 October: Releasing Core Limiting Beliefs; reasons to stay.
Presented by Craig Smith - Accredited Teacher of Mindfulness.
Free event – bookings essential.

## Adelaide Guitar Festival

**Saturday 11 October | 9:00am to 12:00pm**

Enjoy the ambient listening of free curated performances at the Mount Gambier Farmer's Market and Library verandah.
Free event – bookings not required.
For a list of all performances scan QR code.

## Hello Mount Gambier Medicare Mental Health Centre

**Wednesday 15 October | 11:00am**

Discover how you or a loved one can access free, walk-in support here in Mount Gambier – no referral needed.
Free event – bookings encouraged.

## Helen Williams – The Jigsaw within my Mind

**Saturday 18 October | 11:00am**

Discover 'The Jigsaw Within My Mind' with Helen Williams, founder of the former Anxiety Disorders Association South East (ADASE), as she shares her journey and insights to support those living with anxiety and depression.
Free event – bookings essential.

## Gratitude Wall – Celebrate the Little Things...

**Monday 20 to Friday 31 October**

We invite you to pause, reflect and share what you're grateful for. While you're here, nominate someone you think deserves to win our 'Hamper of Pamper'.

## Mindful Moments Storytime

**Tuesday 21 October | 11:30am**
**Cave Garden/Thugi**

Unwind with stories and a gentle mindfulness walk outdoors, designed to nurture calm and wellbeing this Mental Health Month.
Free event – bookings not required.

## Push, Pull, Spin: 3D Printed Fidgets

**Tuesday 21 October | 2:00pm to 5:00pm**

Fidget toys are more than just fun – and not just for kids! They can help reduce stress, improve focus and support mindfulness. Come and check out what you can print from an array of designs to suit all ages.
*Please note 3D printed fidgets take time to complete and may need to be collected at a later date.
Free event – bookings not required.

## Social Sing-a-long with Hunter n Scout

**Sunday 26 October | 11:00am to 12:00pm**

Lift your spirits and join us for a soulful sing-a-long session. Whether you sing loud, soft, in or out of tune – all welcome!
Free event – bookings encouraged.

## Silent Book Club

**Wednesday 29 October | 6:30pm to 7:30pm**

Slow down and enjoy the calm connection of reading together in silence. Bring your own book and we will provide the space and refreshments!
Free event – bookings essential.

**To book an event, scan the QR code:**

**Mount Gambier Library**
6 Watson Terrace, Mount Gambier
Phone 08 8721 2540
mountgambier.sa.gov.au/library

City of Mount Gambier